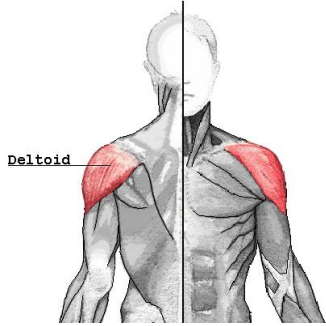


# GYM BASED EXERCISES FOR SCI



## **Deltoids: C5-C6**

Helps you with lifting objects overhead, assists in pressure releases, and can help with propelling your wheelchair.

### **Overhead Press with Medicine Ball**

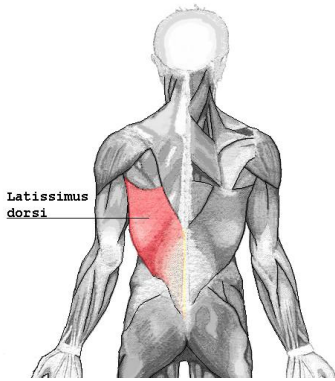


*Reps* \_\_\_\_\_ *Sets* \_\_\_\_\_

### **Overhead Press with Bar in a Track**



*Reps* \_\_\_\_\_ *Sets* \_\_\_\_\_



## Latissimus Dorsi: C6- C8

Helps you with transfers and lifting  
up for pressure reliefs.

### Lat Pull Downs



*\*Be creative about how you can position your chair!*

Reps \_\_\_\_\_ Sets \_\_\_\_\_

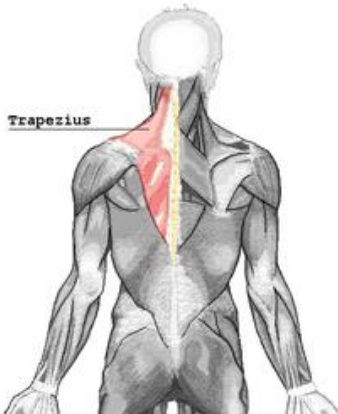
### Shoulder Extensions



*\* You can also do this exercise with the pulley*

Reps \_\_\_\_\_ Sets \_\_\_\_\_





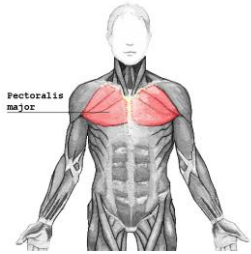
**Lower Trapezius: C3-C4**  
Helps you with push-up pressure reliefs.

**Straight Arm Dips**



*\* You can also place your hands on your wheels.*

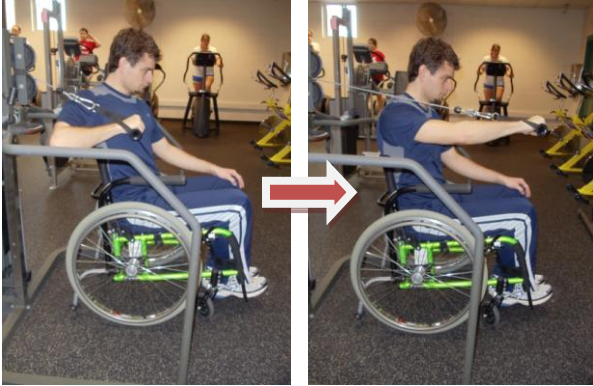
Reps \_\_\_\_\_ Sets \_\_\_\_\_



## Pectoralis Major: C5-T1

Helps with pushing a wheelchair, assists with pressure reliefs.

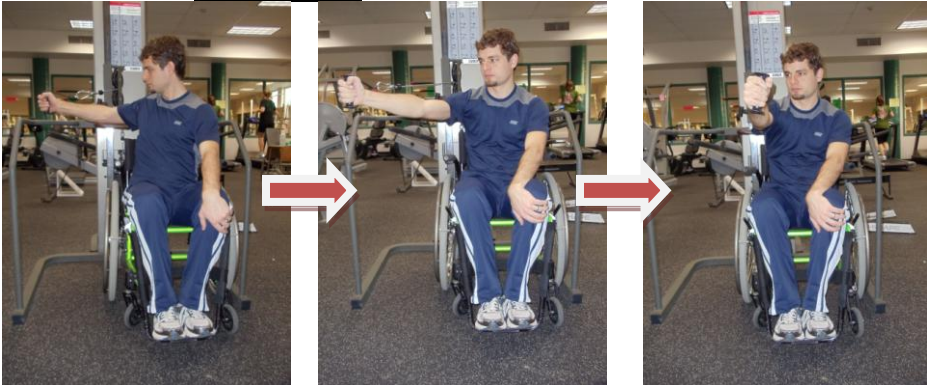
### Chest Press



Reps \_\_\_\_\_ Sets \_\_\_\_\_

*\*You can do both sides at a time if there are 2 pulleys.*

### Butterflies



Reps \_\_\_\_\_ Sets \_\_\_\_\_

### Chest Press with Free Weights



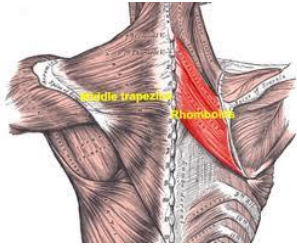
Reps \_\_\_\_\_ Sets \_\_\_\_\_

### Butterflies with Free Weights



Reps \_\_\_\_\_ Sets \_\_\_\_\_

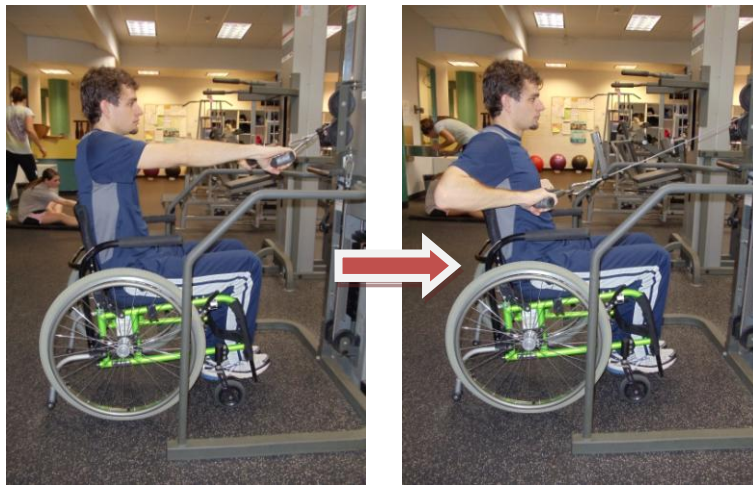




## Rhomboids/Middle Trapezius: C4-C5

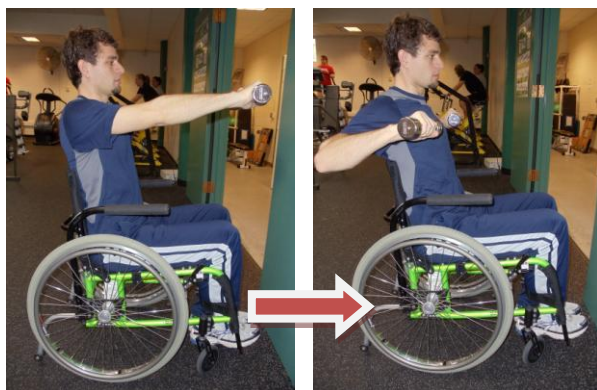
Helps to improve your posture and prevent shoulder injuries, and also helps to stabilize while you push your wheelchair.

### Pulley: Rows



Reps \_\_\_\_\_ Sets \_\_\_\_\_

### Free Weights: Rows



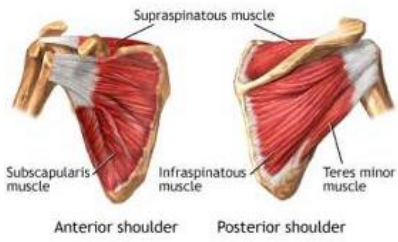
Reps \_\_\_\_\_ Sets \_\_\_\_\_

### Free Weights: Butterflies



Reps \_\_\_\_\_ Sets \_\_\_\_\_

\* For both Rows and Butterflies, make sure to squeeze your shoulder blades together in the ending position!



## Rotator Cuff Muscles: C5-C6

These help to stabilize your shoulder and are important in preventing instability and injuries.

### Pulley:

#### Internal Rotation



Reps \_\_\_\_\_ Sets \_\_\_\_\_

#### External Rotation



Reps \_\_\_\_\_ Sets \_\_\_\_\_

### Free Weights:

#### External Rotation

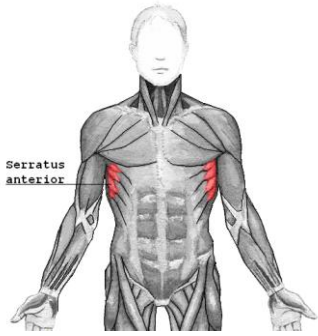
#### Neutral

#### Internal Rotation



Reps \_\_\_\_\_ Sets \_\_\_\_\_





## Serratus Anterior: C5-C7

Helps you with transfers and rolling.

### Straight-Arm Punches



### Straight-Arm Wall Push-ups



\* To make sure you are training serratus anterior, you always want your elbows straight! All the motion comes from your shoulder blades.

Reps \_\_\_\_\_ Sets \_\_\_\_\_

Reps \_\_\_\_\_ Sets \_\_\_\_\_

Reps \_\_\_\_\_ Sets \_\_\_\_\_





## Triceps: C7-C8

Helps you with pressure reliefs and transfers.

### Pulley Elbow Extensions



Reps \_\_\_\_\_ Sets \_\_\_\_\_

### Free Weight Elbow Extensions



Reps \_\_\_\_\_ Sets \_\_\_\_\_